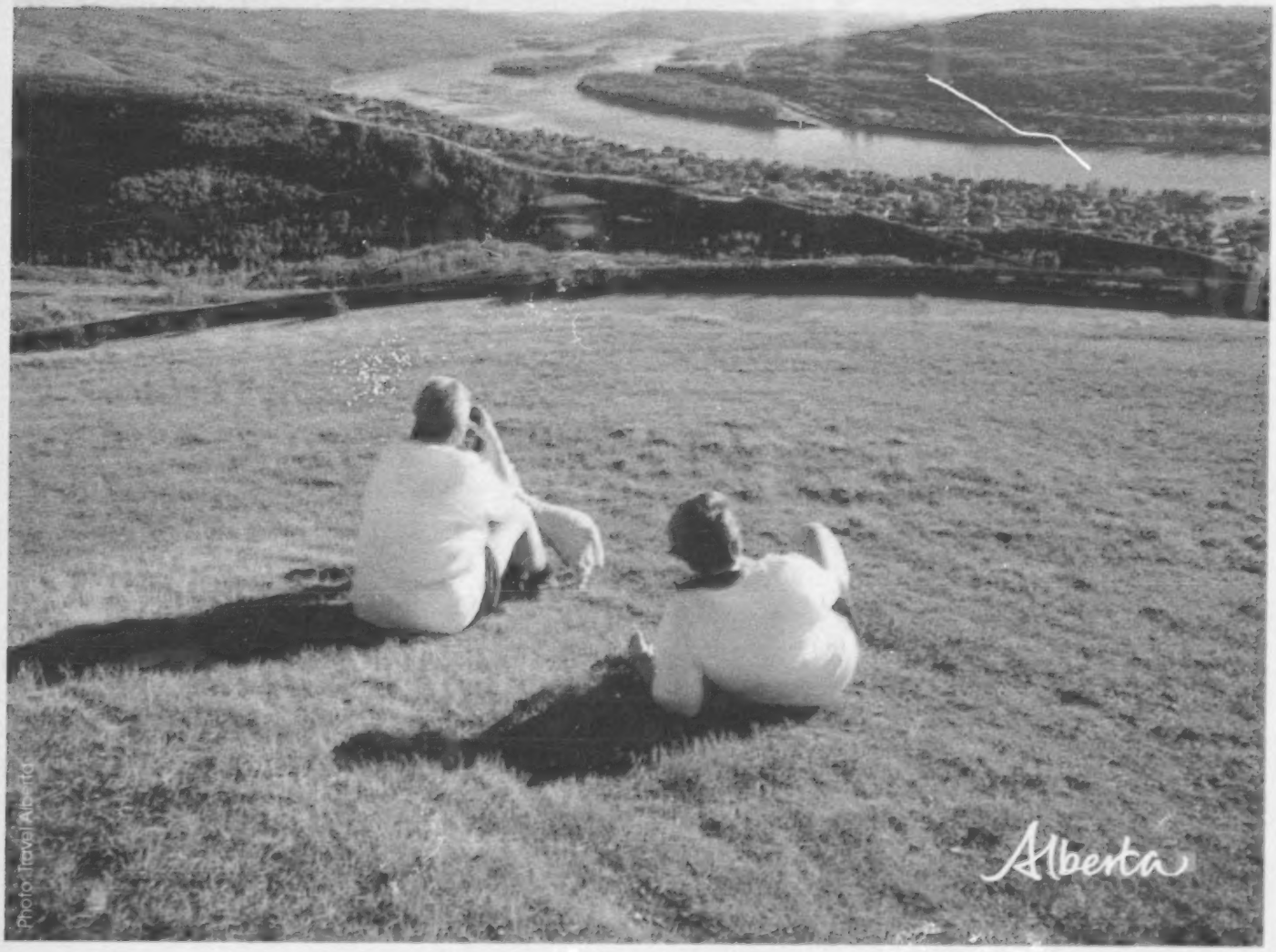
SENIORS ADVISORY COUNCIL FOR ALBERTA

2009 - 2010 ANNUAL REPORT



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Cover photo: Travel Alberta Stock — Peace River and Smoky River Confluence near Peace River

Vision, Mission, Values and Mandate

Vision

To increase the recognition of seniors as one of Alberta's most respected and valuable resources.

Mission

Consult with seniors, seniors' organizations and others to gather information and provide advice to the Minister of Seniors and Community Supports regarding seniors' needs.

Values

The Seniors Advisory Council for Alberta holds as its values, integrity, accountability and respect, and, through these, strives to enable Alberta seniors to maintain their dignity and quality of life.

Mandate

The Seniors Advisory Council for Alberta serves as a communication link between Alberta's seniors and the Government of Alberta. The Council consults with seniors and also provides information to seniors and government. Through collaboration, the Council strives to assist seniors to live life to the fullest.

Chair's Executive Summary

Alberta's seniors enrich all our lives with their knowledge, experience, skills and connections to their families and communities. It is an honour to be the new Chair of the Seniors Advisory Council for Alberta. Like the other members, I am committed to supporting Alberta's seniors and to finding solutions to the challenges they face.

I have big shoes to fill. The previous Chair, George VanderBurg, MLA for Whitecourt-Ste. Anne, provided strong leadership to the Council while it made significant changes to improve its effectiveness. On behalf of the Council, I thank him for his dedication to his work and commitment to improving the lives of seniors.

2009 – 2010 saw the Council achieve several significant strategies to improve its own work, particularly an evaluation of its ad hoc committee structure. The Council found that the committees improved its ability to identify the major challenges facing seniors and develop sound advice to the government. In fact, the ad hoc committee structure was expanded, with the addition of a new committee on communications.

Council improved its contacts with the academic research community and the process for obtaining information about programs and services across Canada, giving it current knowledge to apply to Alberta. Individual members expanded networks in their regions and areas of responsibility, allowing them to remain on top of the challenges facing seniors and gather ideas to meet those challenges.

A key role of the Seniors Advisory Council for Alberta is to provide advice to the Minister of Seniors and Community Supports. This year, the Council provided advice in the areas of accommodations, medical studies, transportation and communications with seniors. Much of this advice is related to helping seniors age in the right place and providing services to meet their unique health needs.

Members also participated in several initiatives of importance to seniors, such as the development of the Health Care Aide Skills Development Inservice Training Initiative, reviews of guardianship and succession law, and consultations on a rural health strategy.

Council consists of Albertans with unique abilities and strengths, and membership is constantly renewed. This year marked the end of the terms of two members: Diane Caleffi of Calgary, a great network builder, and Dr. Bill Forbes of Edmonton, a strong leader and planner. It also was the first year of service for Laurie Morris of Edmonton, a clinical social worker with a focus in geriatrics. Thank you to these individuals, and all members of the Council, for their work on behalf of Alberta's seniors.

Dave Quest, MLA Strathcona
Chair, Seniors Advisory Council for Alberta

Business Plan Highlights

The Seniors Advisory Council for Alberta is a strategic board, with set priorities that flow from a strategic business plan and focus on the most important challenges facing seniors in Alberta.

The Council's work is linked to the Government of Alberta's strategic priorities, particularly those of Seniors and Community Supports. In 2009 – 2010, that ministry identified several goals related to seniors and seniors' services, including:

- Seniors in need have access to financial assistance to support independence;
- Seniors and persons with disabilities have appropriate supportive living options;
- The ministry's health-related supports and services enhance independence and well-being;
- Seniors and persons with disabilities have access to supports and services that enable them to participate in community life; and
- Safeguards for seniors and persons with disabilities are provided.

The Seniors Advisory Council for Alberta: provides a communication point for seniors, seniors' organizations and service providers; gathers information on challenges and solutions; and identifies and anticipates matters the government should consider as it works to meet its goals.

The Council's strategic business plan sets out four goals:

- To improve the quality of the work and the effectiveness of the Council;
- To identify and understand successful national approaches to seniors' needs and issues;
- To improve awareness of the Council in matters relating to seniors; and

- To provide advice to the ministry on the policies required to meet the needs of seniors based on the information obtained either through proactive or reactive processes.

To achieve these goals, each member of Council represents either a region of the province (as shown in the map), the Legislative Assembly of Alberta, Alberta's universities or the Alberta Medical Association. In addition, members are part of ad hoc committees within the Council. These committees develop advice on specific areas of concern to seniors, including accommodation, diversity, elder abuse, medical studies, transportation and communications.

Goal 1: To Improve the Quality of the Work and Effectiveness of the Council.

In 2009 – 2010, Council conducted a formal self-evaluation, flowing from a process developed the previous fiscal year. The results of the evaluation were used to identify Council strengths and areas that required more work, both in regards to helping meet business plan goals and in the best use of Council's resources.

Council also evaluated its ad hoc committee structure, concluding that the committees have helped focus discussions on issues of greatest concern and led to improved advice to the Minister of Seniors and Community Supports. It identified the need to create a new ad hoc committee regarding government communication with seniors.

To meet government regulatory expectations surrounding agencies and Councils, the Seniors Advisory Council for Alberta developed a code of conduct and updated its roles and mandate document. It also developed complete and precise job descriptions and assessment tools for renewal of individual members' terms. This gives Council members a clearer sense of their mandate and responsibilities as they work, supports recruitment of new members and improves accountability to the government and Albertans.

Continuing the work which had begun in 2008 – 2009, Council completed the identification of municipal and regional seniors' service providers and the establishment of networks within each region of the province. It also identified the most effective ways to approach provincial agencies that provide programs and services for seniors. To promote this work, Council members met with over 20 service providers, including municipal organizations and housing foundations.

Goal 2: To Identify and Understand Successful National Approaches to Seniors Needs and Issues.

The Seniors Advisory Council for Alberta worked closely with the Seniors Services Division of Alberta Seniors and Community Supports to reach this goal. With the Division, it identified government research and projects relevant to seniors concerns and established a process for the Council to receive scans of national and provincial initiatives that could be relevant to Alberta.

The Council also received updates of government priorities and actions affecting seniors at each of its quarterly meetings, through reports from Alberta Seniors and Community Supports. In addition, each ad hoc committee received and reviewed reports from across Canada on matters that fell within their mandates.

Council members are also invited to attend various national and international conferences each year. A member of Council attended the Greying Nations Conference held at the Glenrose Rehabilitation Hospital in Edmonton in June 2009.

Goal 3: To Improve the Awareness of Council in Matters Relating to Seniors.

The Seniors Advisory Council for Alberta works to raise its profile, so that it can be an effective point of communication between seniors and the government, and to raise the profile of seniors as a valuable component of our society.

During the deliberations of the Council, each member expresses what he or she has heard from the region or organization they represent and what Alberta's seniors in general have expressed on a variety of topics. To fulfill this role, members of the Council visited seniors' facilities and met with numerous seniors' organizations. In addition, Council members participated in over 20 forums, workshops, conferences and consultations, ranging from the Lethbridge Seniors Conference to consultations on the *Adult Guardianship and Trusteeship Act* and succession law reform. Details of all meetings, conferences and other events are listed in Appendix A (p. 14).

Members of Council participated in the development of the Health Care Aide Skill Development Inservice Training Initiative, the Long Term Care Accommodation Standards Review and consultations on the Rural Health Strategy.

Over the years, Council has provided advice to the Minister of Seniors and Community Supports on a range of issues related to seniors. This year, Council conducted a formal review of past advice, and updated that advice to take into consideration government actions and changes in the province's social and economic environment.

Seniors' Week highlights the value of seniors and raises awareness of the challenges they face. In 2009, 76 communities proclaimed Seniors' Week. During this week 272 events, ranging from teas to educational forums were held throughout the province.

Goal 4: Provide Advice to the Ministry on the Policies Required to Meet the Needs of Seniors Based on the Information Obtained Either Through Proactive or Reactive Processes.

Based on the information gathered through Council tours and facility visits, by its ad hoc committees and through individual members meetings with seniors' organizations and service providers, the Council developed several points of advice to the Minister. These are detailed in the Key Challenges and Advice section (p. 9) of this report.

The Demographic Planning Commission released its findings, including the need to better prepare individual Albertans for aging and the government for the impact of an aging population. To support the government's development of a strategy to meet this need, Council established contacts within Alberta's academic research community.

Tours and Meetings

Members of the Seniors Advisory Council for Alberta share and gather information on seniors' challenges and potential solutions by:

- Touring seniors' facilities, including housing, long-term care and community facilities;
- Holding quarterly meetings throughout the province; and
- Working closely with seniors and seniors' organizations in their communities.

Public Tours

From June 22 to 24, 2009, the Seniors Advisory Council for Alberta, along with the Honourable Frank Oberle, MLA for Peace River, spoke with seniors and service providers in the Peace River region. Council toured 13 facilities, met with four seniors' clubs, and held discussions with seniors and municipal councilors in Peace River and High Level. During the tours, Council members gathered information from both staff and residents wherever possible.

The Council found that:

- Area seniors and the residents and staff of facilities were pleased with the facilities' focus on clients, designs, features and special services offered. Generally, staff is regarded as providing good service and is competent. Some facilities also ensure that staff can communicate with Aboriginal residents who lack English language skills.
- Volunteers are an important link to the community. Also there is extensive interaction between facilities and communities, with groups coming into facilities and facilities acting as community centres for activities such as church services, exercise classes and children's programs.
- The most frequently mentioned challenges were the lack of: adequate housing of all types for seniors; planning for the future; medical or registered nursing staff within facilities; physicians within communities; and access to a range of medical and associated services, including mental health services, physiotherapy and services for individuals with special needs.

On September 16, 2009, the Seniors Advisory Council for Alberta talked with seniors and service providers in the Drumheller region. Council members toured 12 facilities and met with three seniors' clubs in Drumheller, Stettler and Hanna. They were joined by the Honourable Mary Anne Jablonski, Minister of Seniors and Community Supports and the Honourable Jack Hayden, MLA for Drumheller-Stettler, Drumheller Mayor Bryce Nimmo and Starland County Reeve Barry Hoover.

The Council found that:

- Seniors in the area are well-served through a network of seniors' residences and care centres. Facilities were well-maintained and run by dedicated staff. Each community offers a variety of housing options, and all facilities worked to create a bright, welcoming environment for seniors.
- Many facilities enjoy good community support, with funding and transportation support from local councils and businesses, and fund-raising for equipment by local organizations. All benefited from community involvement in activities, and there were significant points of cooperation among facilities and between facilities and local health care providers.

- Facility mangers most frequently mentioned challenges related to facilities such as replacing buildings and equipment, eliminating double occupancy rooms, and accommodating the needs of the more elderly, higher needs seniors they serve. Other challenges cited included a need for more funding, doctors and nurses, and volunteer support.
- Seniors at seniors' centres cited health care issues as challenges, such as the proposed pharmaceutical strategy and the costs of medical services and supplies.

Quarterly Meetings

The Seniors Advisory Council for Alberta meets on a quarterly basis. This year, Council met in June, September, December and March. Meetings lasted from half a day to a day and involved presentations by the ad hoc committees as well as submissions on other topics of interest and updates on government initiatives relevant to seniors.

At the December 2009 meeting, Council heard a presentation from Dr. Stephen Duckett, President and Chief Executive Officer of Alberta Health Services, on the general directions of that agency. Dr. Duckett explained that anticipated changes to long-term care will be based on the pillars of: broader range of choice for patients; maintaining independence as long as possible; and equity in funding.

Seniors and Seniors' Organizations

Individual members of the Seniors Advisory Council for Alberta attended 80 other meetings, facility visits, conferences and other events to network, gather and share information and raise awareness of the Council and its work. Appendix A (p. 14) provides a full list of the organizations the Council met with this year.

Key Challenges and Advice

A key role of the Seniors Advisory Council for Alberta is to provide advice to the Minister of Seniors and Community Supports on challenges facing Alberta seniors. Each Council member gathers information at the various events he or she attends. That information is provided to the various ad hoc committees, which then develop reports and draft advice for the full Council to consider at its quarterly meetings. The Council accepts, modifies or rejects the draft advice. The Chair of Council forwards accepted advice to the Minister.

This year, the Council provided advice in the areas of accommodation, medical studies, transportation and communications with seniors.

Accommodation

- **Aging in the Right Place**

  Advice: The Minister of Seniors and Community Supports encourage her colleagues to consider that accommodation must be affordable and accessible for seniors and that fees must be tied to service, be transparent and be structured in a way that does not allow for excessive profit by private developers.

  Discussion: Seniors should be encouraged to age in the right place — where they have access to the supports and services they need to be as independent as possible. However, the costs of appropriate housing and services can be prohibitive for many seniors, especially if couples are separated and need to maintain two residences. Many seniors are concerned that an increase in private housing providers will mean an increase in costs. In addition, an appropriate mix of housing options — long-term care beds, lodges and designate assisted living facilities — must be available. For example, designated assisted living spaces cannot replace long-term care beds.

- **Home Care Support**

  Advice: The Minister of Seniors and Community Supports encourage the Minister of Health and Wellness that home care funding be activity based, allow for traveling costs in rural Alberta, and be designed to enable seniors to stay in their own homes, e.g., front-line staffing or assistance with home and yard maintenance.

  Discussion: For many seniors, their own homes are the right place to age. However, many seniors need supports at home, such as minor medical or home maintenance services provided by front-line staff. In many parts of rural Alberta, service providers must travel long distances to serve clients, resulting in additional costs. An activity-based funding approach, rather than block funding, would allow for travel costs and better use of dollars to meet seniors' needs.

- **Building Standards**

  Advice: The Minister of Seniors and Community Supports is encouraged to consider the need for new renovation guidelines for seniors' accommodation to promote barrier-free design to enable people to age in place.

  Discussion: Barrier-free design allows people with mobility challenges greater independence. Ensuring that seniors' facilities are renovated to accommodate those with mobility challenges will allow more seniors to age in the right place.

- **Increased Program Funding for Caregiver Support**

  Advice: The Minister of Seniors and Community Supports is encouraged to increase funding for caregiver support. The Minister is encouraged to discuss with the Minister of Health and Wellness the following:

  — Provision of more home care resources to maintain dementia patients in the community as long as possible; and

  — Increasing dementia residential/ accommodation options.

  Discussion: According to the Alzheimer's Society of Canada, 500,000 Canadians have Alzheimer's disease or a related dementia. Of those, 70,000 are under the age of 65 and 50,000 are under 60. Seventy-two per cent of Canadians with Alzheimer's disease are women. In the next five years, as many as 25,000 more Canadians will be diagnosed with this disease.

  Dementia patients need more care as they cannot be left alone, and they often do better in a familiar environment. However, many family caregivers still work, which makes support for caregivers a concern. At issue is the need to formulate a plan to deal with the increase in dementia patients and the resources that will be needed to maintain them in the community, with family caregivers or in professional care settings.

- **Respite/Reward Training Program**

  Advice: The Minister of Seniors and Community Supports is encouraged to establish respite/ reward training programs for those who take care of seniors full time.

  Discussion: Discussions have indicated that it continues to be difficult to attract and retain staff that has the necessary skill sets required to work with seniors.

Medical studies

- **Program and Service Review**

  Advice: The Minister of Seniors and Community Supports encourage the Minister of Health and Wellness to consider, when the ministry reviews the programs and services for seniors, program funding to Alberta Blue Cross to cover the cost of vaccinations, such as the vaccine Zostavax to prevent shingles, and that they also consider funding for retinal photos for those who need financial assistance.

  Discussion: Shingles is a preventable illness in seniors. Seniors can be vaccinated to prevent this illness but the vaccine, Zostavax, is not covered by Blue Cross.

  In February 2010, Canada's National Advisory Committee on Immunization recommended that people over the age of 60 should receive the vaccine to prevent shingles.

  On March 16, 2010, at a pharmacy continuing education session on adult immunization, Dr. Stephen Shafran, a professor in the Division of Infectious Diseases at the University of Alberta, spoke about the prevention of shingles. Pain is a common feature of the disease. However, the single most common complication of shingles is that pain persists after the rash has healed. This pain is called post herpetic neuralgia (PHN) and is due to damage to the sensory nerve caused by the virus. The incidence and duration of PHN increases with age.

  If seniors have the vaccine, it should cut down significantly on the amount of pain medication they take and reduce side effects which can result in more medical costs.

  Age-related macular degeneration is the leading cause of vision loss. By 2031, it is estimated that two million people will have it. Alberta Health Care Insurance pays for eye examinations but does not cover the $30 cost of the retinal photos needed, which can be a barrier for lower income seniors.

- **Distribution of Pharmaceuticals**

  Advice: The Minister of Seniors and Community Supports is encouraged to discuss with the Minister of Health and Wellness a method of distribution of pharmaceuticals that could potentially cut down on wastage.

  Discussion: If a senior is given a new medication they could get a two-week supply on a one-time basis, with the cost pro-rated based on what they would pay for a three-month supply; they would then pay the difference if they continue the medication. This would cut down on drug wastage, as it would give seniors and their care providers the opportunity to determine whether a drug is effective before larger quantities are provided. As the Alberta Pharmaceutical Strategy progresses, a trial prescription program could be considered.

- **De-listing of Chiropractic Services for Seniors**

  Advice: The Minister of Seniors and Community Supports is encouraged to discuss with the Minister of Health and Wellness that chiropractic services not be de-listed for seniors.

  Discussion: Without chiropractic services, seniors may go to their doctors for pain medication or more pain medication than they already take. Pain medication can be expensive; it can also have serious side effects such as drowsiness and gastric problems that can result in a need to take more medication. Some pain medications are not suitable for seniors because they increase blood pressure. With prescription medications, people often also take over-the-counter pain medication, and this can contribute to more problems. Pain medications can also increase the risk of falls.

Transportation

- **Ad-hoc Group**

  Advice: The Minister of Seniors and Community Supports is encouraged to establish a small coordinating ad hoc group that would determine the expectations of organizations regarding the ministry's role in the transportation of seniors.

  Discussion: Transportation continues to be one of the top four or five problems faced by seniors in Alberta. Individual smaller municipalities have responded to the challenge in a variety of ways which reflect the priorities of community groups. There continues to be no provincially coordinated effort to solve this problem.

  The Edmonton Seniors Coordinating Council and the Alberta Motor Association, with some funding from Alberta Transportation, are exploring the business case for a model used in three American states as it might relate to urban transportation. In this model, government is one of a set of stakeholders that fund seniors' transportation.

- **Consideration of Transportation Needs in Policy-making and Planning**

  Advice: The Minister of Seniors and Community Supports is encouraged to ensure that the transportation needs and issues of seniors are proactively addressed in policy making and planning in a way that enables seniors to age in the right place.

  Discussion: Seniors want to age in the right place, whether it is in their homes or in a lodge, seniors' home or other facility. For many, the ability to do so is restricted by a lack of transportation to services and programs that help them maintain their independence, health or daily functioning. Seniors need to be able to access grocery stores, pharmacies, medical care and social programs. Yet, in many situations, access is limited or too costly. In addition, many aspects of transportation and residential planning do not consider factors that could make communities senior-friendly, such as the proximity of facilities to public transportation, presence and quality of sidewalks, or providing angle parking instead of parallel parking.

Communications

- **Evaluation of Government Communications**

  Advice: The Minister of Seniors and Community Supports is encouraged to work within her ministry and with her government colleagues to evaluate communication with seniors to ensure its effectiveness and make changes as needed.

  Discussion: Seniors are looking for simple, clear explanations and often a person to call or see. They face challenges related to forms, knowledge about the topics and information about where to get help when needed. Currently, information is being designed as part of a computerized management system, but most seniors do not know how to access this information. The government is trying hard, but information is still not getting to seniors. There is a need for ongoing, improved communication that recognizes the needs of seniors. Evaluation should consider what is working, what is not, and why not.

Appendix A: Meetings, Conferences and Other Events

One of the key commitments of Council members is to stay informed on current and potential policies, trends, challenges and innovations in services and policies that affect seniors. To do so, they: tour seniors' facilities; meet with seniors, seniors' organizations and service providers across Alberta; and attend relevant conferences, forums and symposiums. This year, members of the Council participated in 80 events in 31 communities. These events were in addition to the facility tours conducted during regional visits described in the Tours and Meetings section (p. 7) of this report.

Location	Facility / Organization	Reason for Visit
Bonnyville	Alberta Council on Aging	Regional meeting
	Alberta Seniors and Community Supports	*Adult Guardianship and Trustee Act* revisions workshop
Breton	Gibbons FCSS	Information gathering
Calgary	Calgary Catholic Immigration Centre / Greater Forest Lawn Seniors Centre	International Fun and Food Festival
	Calgary Catholic Immigration Centre/ Kerby Centre	Taste of Asia celebration
	Calgary Catholic Immigration Society/ Downtown Friendship Centre	Multicultural Fiesta
	Calgary Legal Guidance	Information gathering
	Calgary North-Hill Constituency	Seniors Forum
	City of Calgary Seniors Services	Immigrant and Refugee Seniors Speak Out Forum
	Confederation Park 55+ Activity Centre	Information gathering
	Hlady Home Improvements	Information gathering
	Monterey Place	Visit, viewing and information gathering
	Multicultural Seniors Society of Alberta	Information gathering
	Whitehorn Village	Visit, viewing and information gathering
Camrose	Services Options For Seniors	Networking and information gathering
Drayton Valley	Drayton Valley and District FCSS	Networking and information gathering
	Drayton Valley and District FCSS	Information gathering

Location	Facility / Organization	Reason for Visit
Edmonton	Alberta Caregivers Association	Information gathering
	Alberta Caregivers Association	Annual General Meeting
	Alberta Council on Aging	Annual General Meeting
	Alberta Council on Aging/ University of Alberta	Presentation of research on hospital use in Alberta
	Alberta Health and Wellness	Seniors' Drug Plan press conference and technical briefing
	Alberta Justice	Succession law reform consultation
	Alberta Seniors and Community Supports	Long Term Care Accommodation Standards review team meeting
	Alberta Seniors and Community Supports	Long Term Care Accommodation Standards review team meeting
	Alberta Seniors and Community Supports	Seniors Services Conference
	Alberta Seniors and Community Supports, Supportive Living Division	Information gathering
	Alberta Health Services – Alberta Mental Health Board	Meeting with Alberta Mental Health Research Partnership Program
	Alzheimer's Society-Northern Alberta	Networking and information gathering
	Edmonton Seniors Centre	Networking and information gathering
	Glenrose Rehabilitation Hospital	Greying Nations Conference
	Glenrose Rehabilitation Hospital	Information gathering
	Greater Edmonton Foundation	Networking and information gathering
	Italian-Canadian Seniors Association	Board of directors meeting
	Millwoods Shepherds Care Complex	Visit, viewing and information gathering
	Multicultural Seniors/Democracy in Action	Immigrant Seniors Forum
	Northgate Lions Seniors' Centre	Networking and information gathering
	Seniors Association of Greater Edmonton	Networking and Information Gathering
	Seniors Association of Greater Edmonton	Information gathering re seniors' safe house
	Seniors Association of Greater Edmonton	Seniors housing forum
	Edmonton Seniors Coordinating Council	Public session on Edmonton Seniors Friendly Initiative
	University of Alberta	Information gathering about research
	University of Alberta, Faculty of Medicine	Information gathering

Location	Facility / Organization	Reason for Visit
	Westend Seniors Activity Centre	Coffee meeting on seniors' drug plan
Elk Point	Town of Elk Point	Service information forum
	Town Council /Heritage Lodge	Grandparent Day celebration
Entwistle	Community seniors	Presentation on Council and information gathering
Jasper	Edson and Jasper Community Health Services	Networking and information gathering
Lac Ste. Anne	Lac Ste. Anne FCSS	Networking and information gathering
Lamont	Lamont County Community Adult Learning Council and FCSS	Lamont County Seniors Fair
Leduc	Alberta Health and Wellness	HCA Skills Initiative steering committee meeting
	Alberta Health and Wellness	HCA Skills Initiative steering committee meeting
Legal	Corey Brown, Town Manager	Networking and information gathering
Lethbridge	Lethbridge Seniors' Forum	Lethbridge Seniors' Conference
	St. Therese Villa Residence Council	Networking and information gathering
Lloydminster	Pioneer Lodge	Visit, viewing and information gathering
Morinville	Morinville Town Council and Regional Foundations	Facility visits, viewings and information gathering
Mundare	County of Lamont FCSS	Seniors' Week event
	Mundare Seniors Centre/Mundare LTC	Fundraiser
Peers	Community seniors	Presentation on Council and information gathering on Alberta Pharmaceutical Strategy
Sherwood Park	Transportation public forum	Information gathering on transit fares
	Chartwell Seniors Housing/County Cottage Seniors Residence	Fundraiser
	Councillor Roxanne Carr	Networking and discussion of seniors issues
	Strathcona County Council	Focus group discussions on Strathcona County Older Adults Plan
	Strathcona County FCSS	Active Living Conference
	SUN Sherwood Park Chapter	Meeting
Spruce Grove	TransAlta Tri-Leisure Centre	Board of directors meeting
St. Paul	Alberta Seniors and Community Supports	Update on seniors' programs
	Sunnyside Manor/ Heritage Homes	Seniors' Week celebrations

Location	Facility / Organization	Reason for Visit
Stony Plain	Government of Alberta	Information gathering
Taber	Clearview Lodge	Networking and information session
Teleconference	Alberta Health and Wellness	HCA Skills Initiative steering committee meeting
Vermilion	Alberta Health and Wellness	Rural Health Strategy consultation
	Town of Vermilion/County of Vermilion River	Seniors' conference
Viking	Viking/Beaver FCSS	Viking Health Fair, information gathering
Vulcan	Vulcan FCSS	Presentation on Council
Warburg	Warburg FCSS	Networking and information gathering
Whitecourt	Whitecourt FCSS	Networking and information gathering
Wildwood	Parkland County FCSS	Networking and information gathering
Willingdon	Eagle Hill Lodge	Seniors' Week celebrations

Appendix B — Council Members' Biographies

The Seniors Advisory Council for Alberta is a government-appointed body. The Premier appoints the Chair, a Member of the Legislative Assembly; the government appoints other members by Order-in-Council. They include representatives of the Alberta Medical Association, Alberta universities and the six regions of the province. This regional structure, developed by the Seniors Advisory Council in 1997, maximizes the resources of the Council.

Current members of the Council are:

Dave Quest

Chair, Seniors Advisory Council for Alberta and MLA, Strathcona

Mr. Quest was elected to his first term as a Member of the Legislative Assembly (MLA) for Strathcona on March 3, 2008 and appointed Chair of the Council on March 11, 2010.

In addition to his regular duties as an MLA, Mr. Quest serves as a member of the Select Special Auditor General Search Committee and the Standing Committees on: the Alberta Heritage Savings Trust Fund; Legislative Offices; Health; and Privileges and Elections, Standing Orders and Printing.

Mr. Quest previously served as Deputy Chair of the Standing Committee on Public Accounts and as a member of the Standing Committee on Private Bills.

Mr. Quest carried Bill 46, the *Stab Wound Gunshot and Mandatory Disclosure Act, 2009* and Bill 60, the *Health Professions Amendment Act, 2009* through the legislative process.

Prior to becoming an MLA, Mr. Quest was the general sales manager and shareholder of Petersen Pontiac and Beaverhill GMC dealerships. In 1997 he won a General Motors Dealer Award of Excellence.

Mr. Quest obtained a business diploma from NAIT in 1985 and served with the Better Business Bureau of Northern Alberta for 10 years, fulfilling various roles including director, Chair and director of the Canadian council.

Mr. Quest has been an active member of his community for nearly 30 years in a variety of roles, including: regional director of the Elk Island Provincial Executive since 1998; involvement with Friends of the Games fundraising committee for the 2007 Western Canada Summer Games; and coaching a Sherwood Park minor soccer team from 2002 to 2006. Mr. Quest also has his private pilot's licence and completed the Edmonton half marathon in 2007. He and his wife, Fiona, live in Sherwood Park with their son Jack and two dogs.

Diana Anderson, Member,

Elk Point, North East Region

Diana Anderson has spent most of her career working to improve the quality of life for seniors and to dispel myths about aging.

Mrs. Anderson is currently the chairperson for Alberta Health and Wellness Advisory Council #5. She was the president of the Alberta Council on Aging and chaired the policy advisory and health committees. Diana also served on the Lakeland Health Authority board and on the steering committee to implement accommodation standards for supportive living facilities.

Mrs. Anderson has developed outreach programs for long-term care residents, worked with pastoral care groups and taught post-graduate courses in gerontology. She currently leads a program that brings youth and seniors together.

Her community service was recognized with the awarding of an Alberta Centennial Medal.

Mrs. Anderson became a member of the Seniors Advisory Council for Alberta in 2007.

Rosemarie Biggs, Member,

Sherwood Park, Edmonton and Area Region

Rosemarie Biggs was a community pharmacist when she started a home visit program for seniors. She used her prescription deliveries as an opportunity to discuss with seniors their medications and how to take them properly.

Her community and professional involvement includes serving as president of the Alberta Pharmaceutical Association in 1996. She was re-elected as the association's president in 1998.

Ms. Biggs has also spoken nationally and internationally and has received several awards in recognition of her work. The awards include the Canadian Pharmacists' Association's Pharmacist Care of Older Persons Award and the Pride of Strathcona Award for her dedication to patients' well-being.

Ms. Biggs became a member of the Seniors Advisory Council for Alberta in 2007.

Dr. Al Cook, Member,

Alberta Universities

Dr. Cook specializes in assistive device technology and is currently researching the use of robots to develop and reveal cognitive and language abilities in children who have severe disabilities.

He received his Bachelor of Science in Electrical Engineering at the University of Colorado and his masters in Bioengineering as well as his doctorate from the University of Wyoming.

In addition to being associated with the Assistive Device Service at the Glenrose Hospital, Dr. Cook has served as Co-Director of the Assistive Device Center at California State University.

Dr. Cook is a Professor in the Department of Speech Pathology and Audiology at the University of Alberta. He also serves on several committees for Alberta Health and Wellness.

Dr. Cook became a member of the Seniors Advisory Council for Alberta in 2008.

Beverly Homeniuk, Member,

Willingdon, Edmonton and Area Region

Beverly Homeniuk has served on several boards, committees and organizations at district, regional and provincial levels in the Vegreville region.

She has also been an outreach worker with the Vegreville Health Unit, where she developed and implemented visiting programs for the elderly and homebound. Most recently, she served in an administrative position with the provincial government, where a large part of her role involved providing support and assistance to seniors.

In 1998, Mrs. Homeniuk was awarded the Northeast 4-H Region Award of Distinction for volunteer leadership, and her family received the Edmonton Northlands/Alberta Motor Association Farm Family Award in 2001.

Mrs. Homeniuk became a member of the Seniors Advisory Council for Alberta in 2007.

Laurie Lyckman, Member,

Carmangay, South Region

Laurie Lyckman is very familiar with issues important to seniors, their caregivers and families. Having been a director of a seniors lodge for over 20 years, she is keenly interested in how best to improve the quality of life of seniors and how to help seniors understand the options and opportunities available to them.

Mrs. Lyckman also helps fundraise for several health foundations and is a Reiki Master along with helping her husband on the farm.

In 2005, Mrs. Lyckman received an Alberta Centennial Medal for her contributions to the community.

Mrs. Lyckman became a member of the Seniors Advisory Council for Alberta in 2006.

Laurie Morris, Member,

Edmonton and Area

Laurie Morris is a clinical social worker employed at the Glenrose Rehabilitation Hospital in Edmonton, and works primarily in the area of geriatrics. She has extensive contact with seniors, their caregivers and families. An area of interest and clinical focus for Laurie is dementia and capacity assessment.

Over the years, Ms. Morris has been involved in a volunteer capacity with her professional association, with community social service agencies and organizations, with school parent advisory councils, and with sports and recreation events and associations.

Ms. Morris became a member of the Seniors Advisory Council for Alberta in 2009.

Dawn Parent, Member,

Lacombe, Central Region

Dawn Parent has worked with several organizations, boards and commissions. She has also been a Lacombe town councillor for the past 21 years and has served on the Lacombe Foundation Board. Her work with the seniors and housing authority board and experiences caring for aging parents, sparked her interest in working with seniors.

After retiring from her account manager position with a national bank, Mrs. Parent entered the real estate sales business, where she continues to work. She is also a past member with the Persons with Development Disabilities central region board and the Alberta College of Medical Lab Technologists board.

Mrs. Parent became a member of the Seniors Advisory Council for Alberta in 2005.

Harjit S. Rai, Member

Calgary, Calgary and Area Region

Harjit Rai is especially interested in assisting elderly people and believes seniors can be active and healthy community members.

Mr. Rai is also a strong supporter of cross-cultural relations. He served as a director for the Calgary Multicultural Centre and as president of the Sikh Society of Calgary. He remains actively involved with Calgary's Sikh Society and the Deshmesh Culture Centre.

Born and raised in India, Mr. Rai has worked in general insurance, life insurance and real estate fields. He has been a real estate broker in Calgary for more than 20 years.

Mr. Rai received an Alberta Centennial Medal for his commitment to the community.

Mr. Rai became a member of the Seniors Advisory Council for Alberta in 2006.

SENIORS
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ALBERTA

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Government of Alberta